

The Race...

The Greenfield Adventure Sprint is a teamwork challenge event. The course consists of canoeing, trail and road running, and on/off road mountain biking, with a few added special events for spectator fun. Teams will consist of two people.

Each team must complete every section within one minute of the other team member. Teams are also expected to be self supporting (limited number of canoes, PFDs, and paddles will be provided if necessary).

Suggested gear for each team:

- Mountain bikes
- Water bottles (refill stations will be available at the end of each section)
- Small day pack
- Nutritional supplements (energy bars, electrolyte replacements)
- Helmets. **Helmets are required for the biking section of the race.**

The Course...

Canoe	3 miles
Mountain Biking (on/off road)	12 miles
Trail Running	4 miles
Mystery Events	4 miles

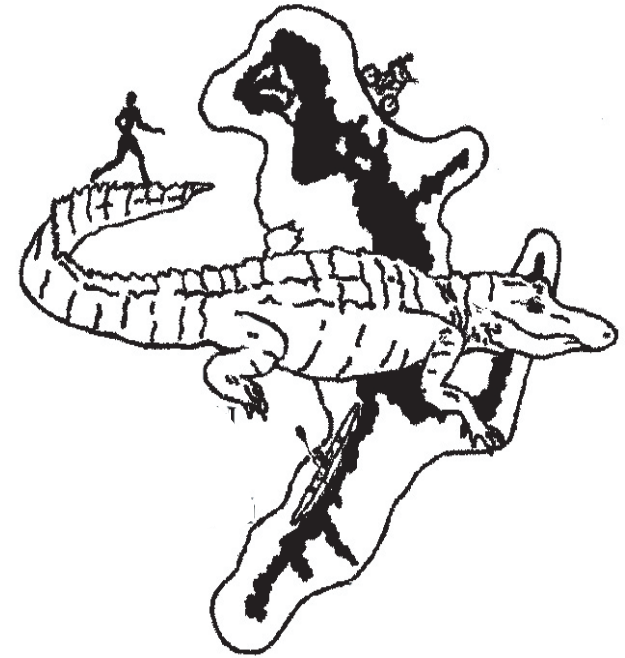
Grand Total: **23 miles**

Raindate?

Sorry folks, this is adventure racing! The race will go on rain or shine. Of course, there may be delays for any electrical storms in the area.

Greenfield Adventure Sprint

November 5, 2005



Adventure Pathways Program
Parks, Recreation & Downtown Services
City of Wilmington
www.adventurepathways.com
(910) 794-6001

What do we provide?

The Wilmington Recreation Division will provide all teams with a registration packet, a detailed course map with directions and rules, and a refill station for water.

About the Canoes...

All teams are expected to provide their own canoe. Aluminum canoes will be provided to those teams who are unable to find a canoe for race day. There is a limited amount of canoes, so secure one as soon as possible.

Awards...

After the race, there will be a small awards ceremony in which the top three teams to finish all sections will receive their awards and prizes. Remember, it will be an award all in itself just to finish the race!

Registration...

All you need to do is fill out a registration form and return it with your entry fee (\$50 per team). There is a limit of 15 canoes so return your registration ASAP. The deadline for entries is Friday, October 21st. Any registrations received after the deadline are subject to a late charge of \$25. Participants must be at least 18 years of age by November 5, 2005 to enter the race.

Make checks payable to: City of Wilmington

Please return payment to:

City of Wilmington
Attn: ADVENTURE SPRINT RACE
302 Willard Street
Wilmington, North Carolina 28401

QUESTIONS? Please call (910) 794-6001.

Team Meeting and Check-in...

There will be a **mandatory** team meeting at 8:00am the day of the race. Both team members must be present to participate. If you have any questions prior to the race, please call 794-6001.

What about friends & family?

No worries! This race was created for the whole family. There will be an area reserved just for your loved ones not to mention the events planned in between each section designed for the spectators.

Extra t-shirts will be available on race day for purchase for \$10 at the registration booth.



Volunteers...

Volunteers will be much needed on race day. The first 25 volunteers to register will receive a free t-shirt and all volunteers will be entered in the raffle for a chance to win door prizes. Interested volunteers should call 794-6001.

Thank you to our Sponsors!

Great Outdoor Provision Company
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Two Wheeler Dealer
Boseman's Sporting Goods
Carolina Coastal Adventures/Kayak Carolilna
Cape Fear River Watch
The Bagel Basket
New Balance Wilmington
Girls on the Run
Papa John's Pizza

Greenfield Adventure Sprint November 5, 2005

Team Name: _____

☐ Coed Team ☐ Male Team ☐ Female Team

Team Member 1: _____

Address: _____

City: _____ State _____ Zip _____

Phone #: _____

Email address: _____

Age: _____ Tshirt Size: _____

Medical Restrictions? _____

Emergency Contact: _____

Team Member 2: _____

Address: _____

City: _____ State _____ Zip _____

Phone #: _____

Email address: _____

Age: _____ Tshirt Size: _____

Medical Restrictions? _____

Emergency Contact: _____

Need Canoe? ☐ Yes ☐ No

Extra t-shirts are available for \$10 each. Please indicate - _____ Size _____ Quantity

Race Registration Fee: \$50.00 per team if received by October 21.

Please indicate method of payment.

_____ Check _____ Cash _____ Credit Card
Visa _____ Mastercard _____

Account #: _____

Expiration: _____

I hereby authorize the City of Wilmington to apply \$_____ to the account listed above.

Signature (required) _____ Date _____

QUESTIONS? Call 794-6001